

LA Evolution

The Road to Luxury & Wellness

**WOMEN
IN
BUSINESS**

INTERVIEW WITH KELLY WOTHERSPOON

Is Old-World Romance Still Alive?

Female Friendship

WELLNESS

WOMEN IN SPORTS

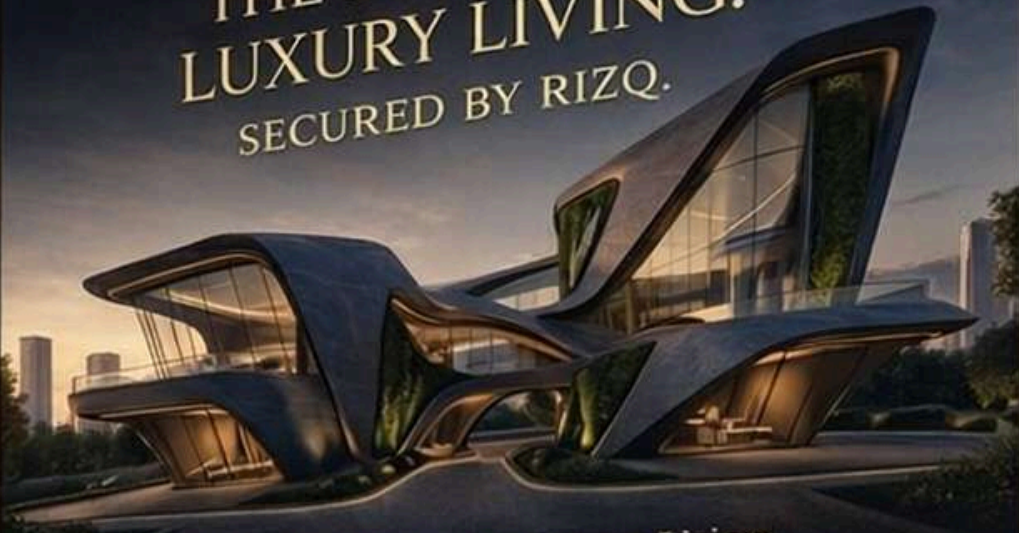
THE LONG VIEW

Honoring
EXCELLENCE



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LA EVOLUTION

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EDITOR'S NOTE

As Managing Editor of LA Evolution, I am genuinely happy to share our inaugural issue with you. This magazine began quite simply, with a feeling that there needs to be more honest space where we can talk about the world we are actually living in and how it is quietly shaping us in return. Not only through major global events but also in smaller, everyday shifts: in how women see themselves, how young people are imagining their future, how societies are responding, and how all of this slowly enters personal lives without us always noticing it.

With LA Evolution, I wanted to bring together ideas that often sit in separate corners – women's empowerment, human aspiration, and the larger geopolitical changes that affect all of us more deeply than we tend to acknowledge. These things are not separate at all. They overlap constantly, sometimes gently and sometimes in very sharp ways.

My hope with every issue is simple – that we are able to hold both the personal and the global side by side. Stories that feel close to lived experience but also open a window into the larger systems shaping those experiences. Always with empathy, and with an attempt to understand rather than reduce things to labels.

As a psychologist, I have always been drawn to the way people think, react, and carry what they go through. And over time, one thing becomes quite clear – behaviour is never only personal. It is shaped by environment, by systems, by fear, by hope, and by everything people are exposed to. This magazine grows out of that understanding, but in a wider, more collective sense.

I don't really see this uploaded inaugural issue as something completed. It feels more like the start of a conversation - one that will keep changing, questioning itself, and slowly finding its own depth over time.

I am grateful to everyone who has been part of putting this first issue together. It has been a process of learning as we go, adjusting, and trying to shape something that feels honest to what we intended. This is only the beginning, and I hope it grows in a way that stays real, thoughtful, and meaningful.

With sincerity and purpose,

Dr Malini Saba

Managing Editor, LA Evolution





VISION - LA EVOLUTION

LA Evolution began in a quiet phase of reflection, when everything felt like it was shifting, both inside and outside. It came from a very simple place: trying to understand what life really means and where we are all headed in a world that keeps changing faster than we can fully process.

It wasn't created with a fixed plan or a big strategy. It slowly formed through questions, experiences, and a growing need for something more honest to exist in the media space. This magazine carries that feeling forward.

LA Evolution is not just about stories or topics - it is about people and how they shape the narratives. It is about how we live, how we feel, and how we try to make sense of ourselves in the middle of it all. It holds space for women's empowerment, human aspirations, beauty, mental health, geopolitical developments, and global impact and for the quieter emotions we often don't talk about enough. Alongside all of that, it also makes room for joy - simple, ordinary, real moments that don't always ask to be noticed.

What we are trying to build here is something that feels human. Not overly polished. Not distant. Just honest enough that someone, somewhere, might feel a little less alone while reading it.

It is for people who are growing through things. For people who are still figuring things out. And even for those who have learned to sit with what life has already given them.

LA Evolution is really about one idea: that we are all changing, all the time. Sometimes in big visible ways, sometimes in very quiet ones that no one else sees. And maybe that is enough.



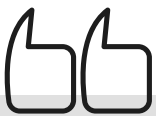
Interview

THE FASTEST WAY TO HEAL? START A BUSINESS: KELLY WOTHERSPOON GETS REAL

In a candid conversation with Dr Malini Saba, Managing Editor, LA Evolution Magazine, Kelly Wotherspoon, founder of the Spiritual Badass Academy, speaks about motherhood, healing, business, and spiritual leadership. Below are excerpts from the conversation.



KELLY WOTHERSPOON



Dr Malini Saba:

Kelly, let's begin at the beginning. Can you share how your spiritual path truly started?

Kelly Wotherspoon:

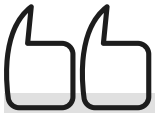
My spiritual journey really began when my son, Charlie, was born. That was the moment everything cracked open. Nothing in my life before that touched me the way that did. After he was born, I wasn't okay. Physically, emotionally, mentally, and even in my work, everything felt like it fell apart at once. I didn't feel like the same person anymore, and I didn't have the energy or clarity I used to rely on.

Quitting wasn't an option as I had four children dependent on me. There was no backup plan. I remember one night being completely exhausted and overwhelmed; I had an honest conversation with Spirit - not in a fancy way, just honest. I said, "I can't do this. I can't heal myself and keep everything else going at the same time. If I'm going to stay here and choose life, I need help."

That night an agreement was forged. I decided I would focus on healing myself - my body, my mind, my nervous system and Spirit would help carry the business. And slowly, it was. As I started to feel stronger, things around me started to move again, too.



Dr Malini Saba:

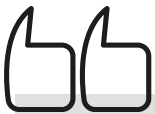


That connection between your inner world and your business is powerful. How did you come to understand that relationship?

Kelly Wotherspoon:

I learnt it the hard way, very quickly. I realised my business was a direct extension of my own energy. Whenever things slowed down or felt stuck, there was no strategy that could fix it. No new action, no push, no forcing. It always came back to me. If I was stagnant, it meant I needed to move something within myself. So, I'd go back to the basics and ask very simple questions: Am I eating properly? Am I hydrated? Am I moving my body? Getting sunlight? Staying connected spiritually? Keeping the routines that actually support me?

If the answer was no to any of that, then the energy just couldn't flow. Every single time I filled those gaps for myself, everything else started to shift again. Spirit showed me over and over that if I wanted to move the needle in my business, I first had to move the needle within myself.



Dr Malini Saba:

Your TikTok journey has been extraordinary. How did that begin?

Kelly Wotherspoon:

Honestly? Reluctantly.

Spirit told me to start reading tarot on TikTok, and I said, "Absolutely not." I'd been on the platform for two years without creating content. I was terrified. Then Spirit said, "It's part of your spiritual development." That was the button that twisted my arm. I told myself, "No one's going to see this anyway." I filmed myself doing what I already did every morning - pulling cards, speaking what I heard. One of those early videos went viral almost overnight.

Suddenly, I was handed a platform. That's when Spirit said, "Bring back the intuitive development course you taught in 2020, but bring it back with everything you've healed since then."

That was terrifying. And that's how the Spiritual Badass Academy was born.





Dr Malini Saba:

What is the cornerstone of your work today?

Kelly Wotherspoon:

At its core, my work is about helping people sit with their experiences instead of numbing or running from them; to feel it so they can heal it.

I truly believe we're all just walking each other home. Along my own journey home, I've learnt things that would be a shame not to share. Often when I'm delivering readings, the words that come through aren't mine; they're meant for others. That's why I was given the platform.



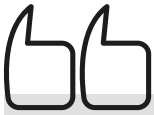
Dr Malini Saba:

Your retreats have become deeply transformative spaces. Why are immersive experiences so important to you?

Kelly Wotherspoon:

Because I've lived their power. When you remove someone from their everyday world, where everyone wants something from them, and place them in a sanctuary where they're nurtured, nourished, and held, things move fast. Healing needs safety. It needs space. It also needs joy, and incredible food doesn't hurt either.

We've been running retreats for nearly three years now, both in Australia and internationally. Every time, I'm reminded of how profound that container is. We're also now hosting healing events on our own land, aligned with the cycles of nature: the moons, equinoxes, and astrological transits.

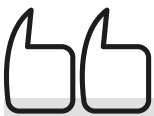


Dr Malini Saba:

You've also spoken about wanting to work with children. Why does that feel important now?

Kelly Wotherspoon:

Because if children learn early how to name and move through their emotions, they don't have to carry that trauma into adulthood. Even being able to say, "I feel angry," without lashing out - that changes everything. Emotions aren't bad. We're human. They're meant to move through us, not get stuck in the body.



Dr Malini Saba:

Kane plays a significant role in your work as well. Can you share more about that dynamic?

Kelly Wotherspoon:

Kane, a sound healer and integral part of the retreats, brings sound healing through the didgeridoo, and his frequency is something special. He holds a grounded, safe masculine presence, and that safety allows deep emotional release, especially for women.

We mostly attract middle-aged women and gay men, people who are already tuned into themselves. Watching the feminine energy respond to a safe masculine container is incredibly powerful. That safety allows unravelling, and that unravelling allows healing.



Dr Malini Saba:

Your awards and conferences continue to grow each year. What's the deeper purpose behind them?

Kelly Wotherspoon:

The awards are about visibility and recognition, especially for healing work that often happens quietly. One category close to my heart is men's work. Interestingly, men often shy away from stepping into recognition, even when their communities want to honour them. I don't know if it's fear of judgement, tall-poppy syndrome, or conditioning, but there's work to be done there.

Men's work exists. Men don't just need therapy; they need spaces for embodied healing. The awards bring that work into the spotlight, on the red carpet.



Dr Malini Saba:

You're also using your platform for humanitarian impact. Can you tell us about that?

Kelly Wotherspoon:

While we were in Bali, a beautiful man named Putu lost everything in floods. Despite that, his only concern was making sure our retreat guests were looked after.

That told me everything about his character. I've been given a platform, so why not use it for good? We're raising funds for him and his family and are close to reaching our goal.



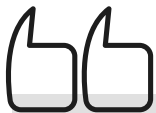
Dr Malini Saba:

If you had to do it all again, would you change anything?

Kelly Wotherspoon:

No. Every breakdown, every tower moment, every "oh shit" moment shaped me. Failure isn't failure; it's expansion. And honestly? If someone asks me the fastest way to heal,

I say, Start a business. It forces you to face visibility, worthiness, fear, and voice, especially as a woman. Business is the fastest path of personal development there is.



Dr Malini Saba:

Finally, what advice would you leave our readers with?

Kelly Wotherspoon:

Find what makes you happy. Find the people you love being around. Then find a way to do more of that together.

Use business as a vehicle, not the destination. You can't take money with you, but you can take moments, impact, and meaning.

At the end of life, it's not about what you accumulated; it's about who you shared it with and how fully you lived.

LUXURY LIFESTYLE

Is Old-World Romance Still Alive?



By Gagandeep Kaur



A Look at Movies, Books & Entertainment

Every few years, someone declares that romance is dead. Dating apps have gamified attraction. Attention spans are shrinking. Love is casual now, efficient, detached. And yet. People still rewatch 'Titanic' and cry when Jack lets go. People still underline passages in 'Pride and Prejudice'. Young audiences binge-watch ballrooms and handwritten letters in 'Bridgerton' like it's oxygen.

So, what's going on? If old-world romance is irrelevant, why does it refuse to leave our screens and shelves?

Movies: Why We Still Want Grand Love

Look at the films people keep returning to.

'Titanic' isn't just nostalgia. It's about intensity. It's about love that feels urgent and sacrificial. Nobody replays it for the ship. They replay it for the emotional magnitude. 'The Notebook' thrives on letters, waiting, memory, and choosing the same person over and over again.

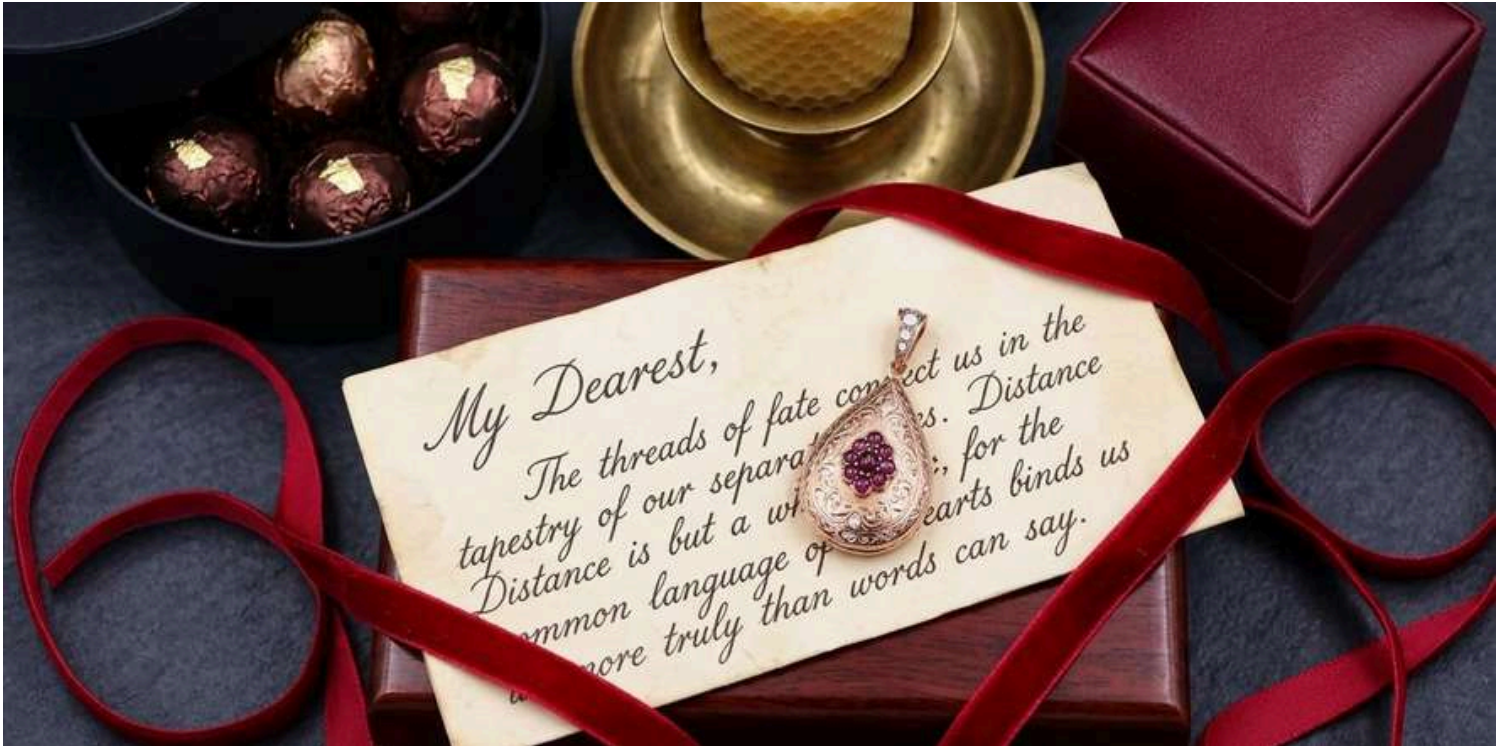
Even more recently, 'Sita Ramam' proved something important in India - audiences still respond to handwritten letters, destiny, longing, and emotional restraint. If modern viewers truly preferred only casual dynamics, these stories wouldn't succeed. But they do, because grand love makes us feel something larger than daily life. Old-world romance in cinema isn't about corsets or period costumes. It's about emotional stakes and about love that costs something.

Books: Slow Burn Never Really Left

Open any classic section in a bookshop.

'Pride and Prejudice' still sells. Not because people care about 19th-century inheritance laws, but because they care about restrained longing, misjudgment, and earned intimacy.

'Jane Eyre' isn't fast. It unfolds, builds tension, and forces characters to grow before they unite. Even modern romance fiction often revolves around the "slow burn", emotional tension, delayed confession and depth before physicality. We may pretend we want instant connection. But we read about waiting. That contrast is telling.



Series & Streaming: The Fantasy of Anticipation

The obsession with 'Bridgerton' wasn't accidental. Yes, it's glossy and dramatic. But what hooks viewers is the anticipation. The glances. The social tension. The emotional build-up.

Even audiences who claim to prefer modern realism still binge period dramas. Why? Because anticipation is intoxicating. Old-world romance thrives on restraint. And restraint creates intensity. In today's hyper-available culture, restraint feels rare. And rare feels valuable.

What Entertainment Reveals About Us

The truth people don't always admit? In real life, we may accept casual dynamics, adapt to speed, and say we don't need grand gestures. But in fiction, where we don't have to protect ourselves, we gravitate toward devotion. Entertainment exposes our emotional preferences more honestly than dating trends do.

We fantasise about: Being chosen intentionally. Being written about. Being waited for. Being loved with certainty.

That is old-world romance at its core. Not rigid roles, outdated customs, depth, or commitment. And emotional courage.

So, is it still relevant?

Yes - but not as imitation. No one is demanding horse-drawn carriages and arranged courtship rituals. But the emotional architecture of old-world romance - patience, longing, loyalty, devotion; continues to shape our most successful stories.

We may live in a digital age. But the human nervous system still responds to anticipation. The human heart still responds to loyalty. The human imagination still responds to epic love. If anything, the faster the world becomes, the more attractive slow love feels. And that is why old-world romance keeps resurfacing, not as nostalgia, but as desire. Not outdated, just timeless.



What if I told you that catching up with a girlfriend over a cup of tea or a venting session with a trustworthy friend isn't just fun, but necessary for women's mental health and well-being?

Scientific evidence over the last several decades points to the fact that when women hang out, laugh, vent, or just sit in comfortable silence with their girlfriends, something magical happens. Their stress melts away, moods lift, and bodies relax.

By Dr. Julia Turetskaya
 Licensed Clinical Psychologist in private practice in
 Los Angeles, California

Female Friendships

Traditionally, stress research focused on the fight-flight-or-freeze response, stating that under pressure, people either fight a threat, freeze, or try to escape it. However, a 2000 research study at UCLA introduced a different model, called "Tend and Befriend." This model suggests that in times of stress, women seek social support and build connections as a protective mechanism. When women spend time with friends, a hormone linked to bonding and trust is released, which leads to calmness and a more balanced mood. This study concluded that engaging with close female friends reduces the harmful effects of chronic stress in women.

Women who have supportive friendships tend to have better mental health outcomes, including lower rates of depression, anxiety, and PTSD.

Spending time with close friends has a mood-boosting effect similar to that of physical exercise. Another research study found that women with strong social support had lower blood pressure, reduced risk of heart disease, and a 60% lower chance of premature death compared to those who were socially isolated. Interestingly, women who vented to their girlfriends after stress tests had blood pressure drop twice as fast as women who talked to men or stayed alone.

Despite the clear benefits, many women struggle to prioritize friendships. Work, family obligations and the expectation of "doing it all" often result in social time being moved to the bottom of their list of priorities. In my clinical private practice, I often talk to women who feel bad or guilty for spending time with their friends. On the list of reasons are things like mother's guilt, no time in their busy schedules, and the necessity to take care of others before making time for themselves. All of these reasons are understandable and valid. However, we can't ignore the overwhelming amount of clinical data. We now know that social isolation increases mortality risk as much as smoking or obesity, pointing to the importance of maintaining strong friendships. The great news is that having just one confidant and spending time with female friends even once in a while can make a positive difference.

So next time life begins to feel overwhelming or throws you a curveball, remember that hanging out with a friend isn't a luxury, but necessary self-care. Go ahead and schedule a girls' night out, because you are investing in your mental and physical health, one laugh at a time. Female friendships aren't frivolous or excessive; they're our secret weapon for a happier, healthier, longer life!

Mind, body, and lifestyle for overall well-being.

WELLNESS

Being a teenager is confusing enough without your skin acting differently every other week.

By Danica Ventura

Teenage Skincare You Don't Need Perfect Skin, You Need Real Care



One day it's clear; the next day there's a random breakout before something important. Sometimes your face feels oily by noon, and sometimes dry for no reason. And somewhere in between, social media is telling you that you need 10 products, glass skin, and a flawless routine. It's exhausting. The truth is your skin isn't "misbehaving". It's just going through the same changes you are.

Your Skin Is Changing Because You Are

Between 13 and 19, your body is adjusting to hormones, stress, new routines, late nights, mood swings - everything. Your skin reflects all of that. More oil, occasional acne, uneven texture - none of this means something is wrong. It just means your skin is figuring itself out. And honestly, most of us were never taught how to deal with that without panic.

Start With the Basics (and Stick to Them) You Probably Don't Need More Products.

Not because it sounds simple but because it actually works.

If there's one thing worth unlearning early, it's this: more skincare does not mean better skin. In fact, most teenage skin gets worse when it's overloaded. You don't need a shelf full of products. You need a few things that actually make sense.

A Face Wash That Doesn't Feel Harsh.

If your skin feels tight or squeaky after washing, it's not a good sign. A good cleanser just does its job quietly: removes dirt, oil and sweat and leaves your skin feeling normal. If you get acne, you can use something with salicylic acid, but don't overdo it. Strong doesn't mean better.

A Moisturiser

Yes, Even If You're Oily

This is where most people go wrong.

Oily skin still needs hydration. When you skip moisturiser, your skin sometimes produces even more oil to make up for it. That's when things get worse.

Keep it light, keep it simple. Your skin just needs balance, not heavy layers.



Sunscreen

*The One Thing
Most People Ignore*

This is the step people skip the most and regret later.

You may not see the effects immediately, but sun exposure quietly causes tanning, marks, and uneven skin over time. Starting sunscreen early is one of those small habits that actually makes a big difference later.

When Breakouts Happen (Because They Will)

No matter how careful you are, there will be days when your skin breaks out. It doesn't mean your routine failed. It doesn't mean you did something wrong. Sometimes it's your cycle, stress, junk food, lack of sleep or nothing specific at all.

Instead of attacking your entire face with strong products, just treat the spot. Give it time. Skin heals slower than we expect and faster than we panic.



Things You Can Honestly Skip

You don't need anti-ageing products. You don't need expensive serums. You don't need to copy every trend you see online. And you definitely don't need to experiment on your skin just because something is "viral". Most of those routines are not made for teenage skin.

The Part No One Talks About

Sometimes, it's not the acne that bothers you; it's how it makes you feel. You notice it more in mirrors. In photos. In conversations. It starts to feel bigger than it actually is.

But here's something worth remembering: Most people are too busy thinking about themselves to focus on their skin. And the people who matter? They're not measuring your confidence by your breakouts.

A Simple Routine You Can Actually Follow

Morning: Face wash → Moisturiser → Sunscreen

Night: Face wash → Moisturiser (Spot treatment if needed)

That's it. No pressure to do more.

Bottom Line

Your skin is not a project to fix. It's something to take care of while it grows with you. Some days it will cooperate. Some days it won't. That's normal. What stays with you is not perfect skin but the way you learnt to treat yourself through all of it. And that matters more than anything you can put on your face.

STRESS MANAGEMENT TECHNIQUES AT EVERY AGE

By Gagandeep Kaur



Pressure doesn't disappear as we grow - it just changes shape. If you look closely, stress is present in every decade of life. It simply wears different masks.

For a six-year-old, it might look like tears before a school function.

For a sixteen-year-old, it hides behind a locked bedroom door.

At twenty-eight, it sounds like "I should be further in life."

At forty-two, it becomes silent exhaustion.

At sixty-five, it often sits quietly beside loneliness.

We don't outgrow stress. We grow around it. And how we manage it must evolve with us.

1. Children Ages 5-12: When Big Feelings Have Small Words



Children don't usually say, "I'm overwhelmed." They say, "My stomach hurts." Or they refuse school. Or they get angry over something tiny.

Globally, the World Health Organization estimates that 1 in 7 young people aged 10–19 lives with a mental health condition, with anxiety among the most common. Even in younger children, anxiety disorders are increasingly reported - the U.S. National Institute of Mental Health estimates around 9% of children and adolescents experience anxiety disorders.

But statistics aside, any parent or teacher can tell you: children feel pressure earlier than we think. School performance, competition, parental expectations, over-scheduling, exposure to screens - it adds up.

What actually helps? Not motivational speeches. Not a comparison. Children regulate stress through safety. Through routine. Through predictable evenings. Through play that has no objective. Through one adult who kneels down and says, "Tell me what happened." And most importantly - through calm adults. A child's nervous system borrows from the grown-ups around them.

2. Teenagers Ages 13-19: When Everything Feels Urgent



Teenage stress is loud internally, even when it looks quiet externally. Exams feel like destiny. A comment about appearance can echo for months. Social media magnifies comparison. A fight with a friend feels catastrophic.

Research from the American Psychological Association shows that teenagers during the academic year report stress levels comparable to adults. The World Health Organization identifies suicide as one of the leading causes of death among adolescents globally. In India alone, the National Crime Records Bureau recorded over 13,000 student suicides in 2022.

Those numbers are not abstract. They represent young minds that felt trapped. Teenagers don't need constant fixing. They need grounding. They need: Movement - because physical activity discharges stress hormones. Boundaries - especially with screens. Validation - "I see that this is hard for you." Privacy - not every feeling needs interrogation. Above all, they need to know their worth is not attached to marks.

3. Young Adults Ages 20–35: The Decade of Invisible Pressure



This stage looks glamorous online. Promotions. Engagement photos. Travel reels. Startups. Milestones. But privately? It can be one of the most anxious phases.

The World Health Organization estimates over 300 million people worldwide live with anxiety disorders, with young adults forming a significant share. The International Labour Organization continues to report higher unemployment rates among youth compared to older adults, with financial instability being one of the strongest stressors in this age group.

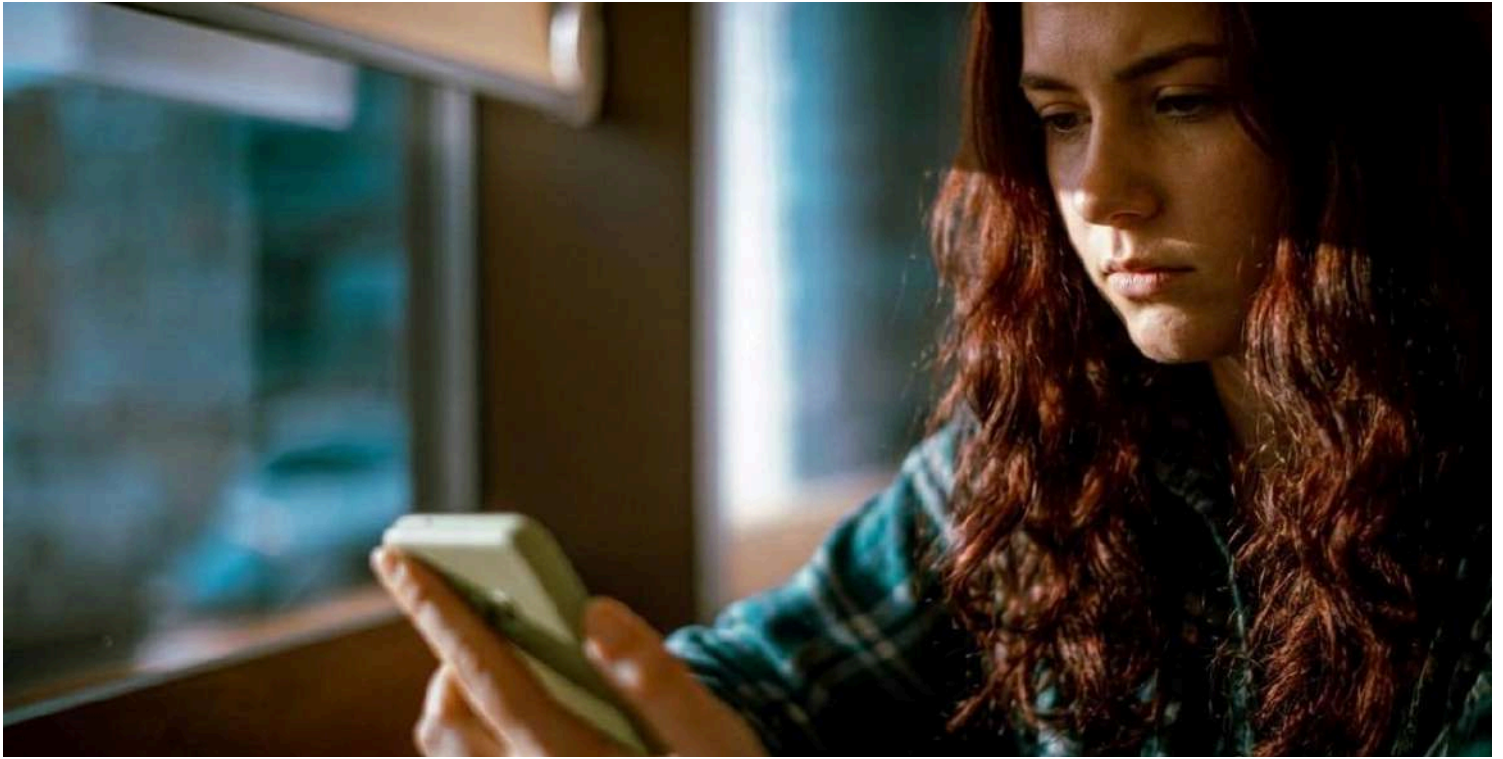
At this age, stress often sounds like, “I’m behind”, “I should earn more”, “Everyone else is settled”, “What if I chose the wrong path?” Comparison becomes chronic. Managing stress here is less about meditation apps and more about clarity. Clear finances reduce fear, boundaries reduce burnout, and timelines reduce panic. And sometimes, deleting the app that triggers comparison helps more than a motivational podcast ever will.

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4. Adults Ages 36-55: The Sandwich Years



This is the era of responsibility. Career peaks. Children growing up. Ageing parents. Mortgage payments. Health reports. Stress becomes steady rather than dramatic.

The American Institute of Stress reports that nearly 80% of workers feel stress at work. The World Health Organization links chronic stress to increased risk of cardiovascular disease - still the leading cause of death globally.

This isn't the dramatic anxiety of teenage years. This is quiet accumulation. Emails. School meetings. Medical appointments. Bills. Deadlines. And in the middle of it, very little personal time. At this stage, stress management requires permission - permission to rest without guilt.

It requires delegation. It requires saying no to additional commitments. It requires annual health checkups instead of postponing them.

And perhaps most importantly - it requires remembering that productivity is not identity.

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5- Older Adults : Ageing with Dignity and Emotional Strength.



Later life stress is different. It's less about ambition and more about adjustment.

Retirement can feel liberating or disorienting. Social circles shrink. Physical strength changes. Loved ones may be lost.

The World Health Organization estimates that around 14% of adults aged 60 and above live with a mental disorder, with depression being common. Social isolation has been linked globally to increased health risks in older adults.

At this age, stress often comes from silence. The solution is connection, community groups, volunteering, daily walks, learning something new, and sharing stories. Purpose stabilises the mind. Routine protects it. Human conversation strengthens it.

What Remains True at Every Age

Across all decades, certain fundamentals never change: sleep matters, movement matters, food matters, connection matters, and asking for help matters. Stress becomes dangerous when it is ignored long enough to become normal.

Bottom Line

Stress is not proof that life is broken. It is proof that life is active. But unmanaged stress hardens us. Managed stress strengthens us. At five, we need reassurance. At fifteen, we need understanding. At twenty-five, we need perspective. At forty-five, we need balance. At sixty-five, we need connection. The tools evolve; the human need does not. And that need is simple: to feel safe, capable, and not alone - at every age.

Empowering Young Girls Through Care, Awareness, and Real Conversations



By Pramisha Maharjan



What made the initiative more than just a distribution drive was the interaction between the team and the students. The team spent around two hours at each school, engaging the girls in interactive sessions and open discussions. Instead of leaving immediately after the distribution, they created a safe environment where the students felt free to talk, ask questions, and share their experiences. One memorable moment came when the team shared their own first-period experiences, describing the fear and confusion they felt. This openness helped the girls become more at ease. As one student said, “I didn’t think I could talk about this, but now I feel I can ask anything without feeling embarrassed.”

There were also fun moments where students sang, danced, and laughed together. These activities helped lighten the mood, reduce hesitation, and make the sessions enjoyable and memorable.

By the end of the visits, the impact was clear. The girls were more informed, felt supported, and had a better understanding of menstrual health. They were able to engage in discussions that once felt intimidating, showing a sense of confidence and awareness they hadn’t expressed before.

Dr. Malini Saba, a philanthropist, psychologist, author, and advocate for women’s empowerment, continues to use her platform to create opportunities where young girls feel heard, supported, and understood. The Saba Family Foundation and FarmNTrade emphasized that this is not a one-time effort; similar initiatives are planned to continue supporting women and children in the future.

Through the combination of educational materials, open discussions, and shared experiences, the initiative went beyond distribution; it built understanding, fostered self-assurance, and left a lasting impression on the students.

With a focus on breaking silence around menstrual health, Dr. Malini Saba and FarmNTrade recently visited several schools in Kathmandu and Nuwakot on 30th May 2025 (Friday) and 1st June 2025 (Sunday). The initiative was conducted to address gaps in menstrual awareness, reduce stigma, and promote hygiene and confidence among young girls aged 10 to 16 years.

During the visits, the team distributed essential items including sanitary pads, juice, and informative brochures. In total, 900 girls benefited from the initiative, and 900 boxes of sanitary pads were distributed. The brochures provided practical guidance on menstrual health, personal hygiene, and ways girls could take care of themselves.



Five Self-Help Books Every Gen Z Should Read

By Gagandeep Kaur

Gen Z did not grow up slowly. They grew up online and saw people become millionaires before they learned how taxes work. They watched relationships unfold publicly before they experienced their own. They were exposed to global crises, personal branding, productivity culture, therapy language, and financial anxiety - almost all at once.

It does something strange to a person. You become self-aware very early. But you also become overwhelmed very early.

That's why self-help books aren't just "motivational" for this generation. They feel like anchors. Not because Gen Z wants to become perfect. But because they're trying to make sense of what they're carrying.



And despite the stereotype that they only scroll, Gen Z actually reads; just differently.

A survey by Book Riot found that 55% of Gen Z reads at least once a week, and 40% read daily. Around 67% prefer reading on their phones. It's not that books disappeared. They just moved screens.

Another readership survey by Library Journal reported that about 25% of Gen Z actively enjoys self-help and psychology books. That says something. Growth isn't a trend for this generation. It's almost a survival instinct.

1. Atomic Habits - James Clear

Gen Z doesn't lack ambition. If anything, they have too many goals.

Start a business. Build a personal brand. Stay fit. Heal emotionally. Travel. Invest. Be disciplined. Be soft. Be successful, but not burnt out.

The pressure is layered.

Atomic Habits doesn't shout. It doesn't sell overnight transformation. It talks about small systems. Tiny habits. Repetition that feels almost boring, until it compounds.

It reminds us that identity isn't built through dramatic announcements. It's built quietly, in what we repeat daily.

For a generation that constantly feels behind, that idea is steady.



2. The Mountain Is You – Brianna Wiest

Gen Z knows the language of healing. They say “trauma response,” “boundaries,” and “self-sabotage” casually. But knowing the terms and actually breaking patterns are two different things.

This book sits in that uncomfortable space. It asks why we resist change even when we want it. Why comfort can feel safer than growth. Why procrastination sometimes hides fear.

It doesn't attack. But it does hold up a mirror. And sometimes that's more useful than motivation.

3. The Psychology of Money - Morgan Housel

Money conversations for Gen Z are complicated.

Many grew up watching economic instability, recessions, layoffs, rising costs. At the same time, social media constantly displays luxury lifestyles and financial success stories.

It creates urgency. And anxiety.

This book doesn't focus on stock tips. It focuses on behaviour. It explains how ego, fear, impatience, and comparison shape financial decisions more than spreadsheets ever will.

It shifts the question from “How do I get rich quickly?” to “How do I think long term?”

For a generation trying to build stability from scratch, that distinction matters.



4. The Defining Decade – Meg Jay

There's a common message floating around: your twenties are just for experimenting. Nothing counts yet. But comparison culture says the opposite. It makes it seem like if you haven't "figured it out" by 25, you're late.

This book doesn't agree with either extreme. It doesn't create panic. It creates perspective.

It gently argues that small choices - the jobs we take, the skills we build, the people we commit to, slowly shape identity. Not in one dramatic moment. But gradually.

For Gen Z, that balance between freedom and responsibility feels honest.

5. Think Like a Monk – Jay Shetty

Ambition today often comes with exhaustion. Gen Z wants to succeed. But they also want peace. And sometimes it feels like they have to choose one. This book suggests otherwise.

It introduces ideas about detachment, gratitude, ego, and perspective in language that feels modern, not distant. It doesn't ask us to abandon ambition. It asks us to question what's driving it.

Peace and progress, it argues, can exist together. For a generation trying to build something meaningful without burning out in the process, that idea lands.

Bottom Line

Gen Z is not uninterested in growth. If anything, they are hyper-aware. Hyper-informed. Hyper-exposed.

Self-help, for this generation, isn't about becoming someone else. It's about regulating the noise. Understanding the anxiety. Building stability in a fast world.

And sometimes, a book - not a reel, not a thread, not a 30-second clip; gives the kind of clarity that doesn't disappear when the screen refreshes.

WOMEN IN SPORTS

This Is Not a “Women’s Version” of Cricket

By Staff Reporter

There was a time when women’s cricket existed quietly - played on modest grounds, watched by small but loyal audiences, and spoken about in limited columns. It was not lacking in skill. It was lacking in spotlight.

That spotlight has shifted. Today, when a women’s international match is played, millions tune in. The ICC Women’s Cricket World Cup 2025 reportedly reached around 446 million viewers globally, with the final alone drawing nearly 185 million digital viewers (ICC broadcast data). An India vs Pakistan clash during the same tournament recorded over 28 million viewers (ICC data).

Those are not sympathy numbers. They are attention numbers, and attention changes everything.





The Women Who Built This Moment

Long before broadcast figures became headline material, there were players who carried the sport forward quietly. Mithali Raj, calm and composed, was accumulating runs with the patience of someone who understood she was building more than an innings. Jhulan Goswami charged in with the kind of fast bowling rhythm that demanded respect. In Australia, Ellyse Perry was redefining the idea of an all-rounder: athletic, technically brilliant, and unshakeably consistent. Meg Lanning was building a winning machine.

In England, Heather Knight and Nat Sciver-Brunt were shaping a fiercely competitive side. And then came moments that felt cinematic. Harmanpreet Kaur's 171 in the 2017 World Cup semifinal. Amelia Kerr's record-breaking double century as a teenager. Hayley Matthews is dismantling bowling attacks with fearless stroke play. Sophie Ecclestone is turning matches with precision spin. These were not just performances. They were declarations.

What Their Lives Actually Look Like

From the outside, it is easy to romanticise the profession. Stadium lights. Endorsements. Travel. The reality is more layered. Professional women cricketers today follow tightly structured training cycles. Strength sessions, mobility drills, recovery ice baths, and nutrition plans are designed down to micronutrients. Video analysis late into the evening. Strategy meetings. Sports psychology sessions. It is meticulous work.

Their schedules stretch across continents – India, Australia, England, South Africa, and the Caribbean. Franchise leagues like the Women's Premier League, the Women's Big Bash League, and The Hundred have turned the calendar into a near year-round commitment.

Airports become routine. Time zones blur. Performance remains non-negotiable. Yet somewhere between hotel check-ins and practice nets, these athletes have also become cultural figures. Smriti Mandhana's understated elegance off the field. Ellyse Perry's composed public presence. Shafali Verma's youthful boldness. Laura Wolvaardt's quiet intensity. They move comfortably between match-day focus and media rooms, between team kits and brand campaigns. Strength and femininity are no longer positioned as opposites. They coexist naturally.



The Economics Are Shifting Too

In 2025, the ICC announced a \$13.88 million prize pool for the Women's World Cup. The Board of Control for Cricket in India (BCCI) announced equal match fees for both female and male centrally contracted cricketers to promote gender equality. Franchise leagues have created competitive bidding systems for players.

This matters because talent thrives when it is sustained, not when it survives. Young girls watching today are no longer imagining cricket as a distant dream. They are seeing a viable profession.

What Has Really Changed

Perhaps the most significant transformation is not financial or statistical. It is psychological. There was a time when women in cricket were described as “impressive for women”. That qualifier is fading. Now they are described as powerful, technical, aggressive, strategic, and without gendered footnotes. The language is evolving, the audience is expanding, the expectations are rising, and the players are meeting them.

The Future Feels Different

The growth of women's cricket does not feel fragile anymore. It feels anchored. Grassroots participation is increasing. Broadcast investments are steady. Sponsors are more deliberate. Young athletes are entering professional systems earlier, fitter, and tactically sharper.

The game itself is faster now, the skill level is deeper, and the competition is tighter. But what lingers most is not the data. It is the image of a packed stadium applauding a cover drive struck cleanly through extra cover. It is the sight of a fast bowler sprinting in with unapologetic aggression and the quiet confidence of a captain adjusting her field with total authority. Women's cricket is no longer asking to be noticed. It is being watched, and more importantly, it is being respected.



GLOBAL WOMEN'S ISSUE



By **Dr. Malini Saba**

Women's Leadership and Political Participation: Why It Still Needs Our Attention

We like to believe things are changing fast for women. And in some ways, they are. You see more women on panels, in offices, on screens, speaking up, leading conversations. But politics tells a quieter, more honest story.

Because when it comes to actual power; the kind that shapes policies, budgets, and national priorities, women are still not in the room as much as they should be.

Globally, women hold a little over a quarter of parliamentary seats. That means, in most countries, decisions that affect everyone are still being made mostly by men. Even at the highest level, the number of women leading countries is surprisingly small. You could count them, country by country, without losing track. And maybe what's more telling is not just how few women are in power, but where they are placed. When women do make it into leadership, they are often given roles linked to "softer" sectors -health, education, social welfare. Important, yes. But the real levers of power - finance, defense, internal security; still tend to stay in men's hands.

It doesn't happen by accident.

It's Not About Capability; It Never Was

There's a tendency to frame this as a confidence issue. As if women just need to "step up more."

But that explanation feels too convenient. Because when women do step into leadership, especially at the local level, the results speak for themselves. There have been villages and communities where women leaders focused on things people deal with every day; water, sanitation, access, safety. Not abstract promises, but lived problems.

And things improved. Not dramatically overnight, not magically; but meaningfully.

Which makes you wonder: if the capability is clearly there, then what exactly is slowing everything down?



The Weight of Expectations

Part of it is visible. Part of it isn't. There's the obvious resistance; the skepticism, the subtle (and sometimes not-so-subtle) bias, the idea that leadership has a certain "look" and women don't always fit it.

But there's also the quieter pressure. The expectation to manage everything. To be ambitious, but not too aggressive. To lead, but still be likable. To succeed professionally without letting anything slip personally. Politics is already demanding. For women, it often comes with an extra, unspoken checklist. And then there's the question of access; to funding, networks, mentorship. These aren't small things. They are the foundation of any political career, and they're not distributed equally.

Where Things Actually Feel Different

Interestingly, the space where change feels most real is not at the top. It's closer to the ground.

In local governance, more women are stepping in. And maybe that's because these spaces are less about power as a concept and more about problem-solving as a practice.

It's harder to ignore results there. If something works, people see it.

But the challenge is what happens next. Because many of these women don't move up the ladder. The system doesn't always open that next door.



Changing Numbers vs Changing Mindsets

It's tempting to focus on statistics; how many women are in parliament, how many are ministers, how many countries have women leaders. Those numbers matter. They tell us where we stand. But they don't tell us how people feel about women in power. And that part matters just as much.

Because real change doesn't happen when women are "allowed" into leadership. It happens when their presence there stops feeling unusual. When it doesn't need to be explained, justified, or highlighted.

The Unfinished Story

There is progress. That part is real. But it's uneven, and it's slower than it should be. And until decision-making spaces start to reflect the people they represent- not partially, not symbolically, but genuinely; the gap will remain. Not always visible. But always there.

Maybe one day, we won't need articles like this. But the fact that we still do says enough.

So What Needs to Shift?

Maybe the question is not "how do we get more women into politics?"

Maybe it's: why does the system still make it so hard? Why does leadership still come with conditions when it comes to women?

And why are we still talking about this as if it's a gradual, optional change - instead of something that should already be normal?

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THE SELF

Who Am I When No One Is Watching?

By Gagandeep Kaur

The transition from the public stage to the quiet of a locked room is less of a retreat and more of a homecoming. 'Who Am I When No One Is Watching' is one of those questions we don't ask ourselves often enough. Not because it's not important, but because it's uncomfortable and the answer isn't always what we expect. When the world stops looking, the social editor ; that lives in the back of the brain finally clocks out; what remains is a version of a human being that is unpolished, unhurried, unfocused and entirely unconcerned with the expectations of the collective. This is the portrait of the individual in the shadows.

The End of the Curation

There is a version of us that the world sees. The one that knows how to behave, respond, hold it together. It knows what to say in conversations, comes across as confident, and seems like it has things figured out, even when it doesn't.

In the light of day, every gesture is a choice. We choose the right words to avoid offence, the right posture to project confidence, and even the right facial expressions to signal we are listening. But in solitude, the curated self-collapses.

The Honesty of Movement:

When you're alone in your room, there's no one to reply to, no one to impress, no conversation to manage, no image to maintain, etc. That's when something shifts. You're not performing anymore. And sometimes, that version of you feels very different. There is a specific kind of freedom in moving through a house without the correct posture. One might dance poorly while waiting for water to boil or sit on the floor instead of a chair. These aren't just physical quirks; they are signs that the body has finally stopped trying to mean something to others.

The Unspoken Dialogue:

Maybe you overthink more than you admit, are not as confident as you appear on the outside, or are maybe softer, kinder, and emotional. Most people possess a private language. a series of hums, half-sentences, or internal jokes that never make it to a text message or a dinner table. This is the mind in its rawest form, processing the world without the filter of common sense or social utility.

The Integrity of the Hidden Act

How can we spend so much time becoming someone for the world that we slowly lose connection with who we are when it's just us? And the truth is, most of us don't sit with that version long enough. Character is often defined as what survives when the threat of judgement is removed. In the absence of an audience, you're left alone with yourself and whatever you've been avoiding.

When there is no one to offer a thank you or a nod of approval, the reasons for doing good become purely personal. Does the individual still tidy the space?

Do they still keep the promises they made to themselves? In the dark, the ego has nothing to feed on, leaving only the bare bones of one's actual values. This is where true integrity is forged, not in the grand public gesture, but in the small, invisible decisions that no one will ever tweet about. Solitude is the furnace where the authentic self is refined and embraced.



The Sacredness of "Useless" Time

Perhaps the most human version of a person is the one engaged in things that have zero market value. In a world obsessed with personal branding and productivity, the private self is the only one allowed to be bad at things. It is the person who paints for the sake of the colour, not the result. It is the person who spends an hour staring out a window or researching a niche historical event that will never come up in conversation. These acts are pure because they are anti-performative. They exist solely because they bring the individual a spark of quiet, unshared joy.

The Foundation of the Public Persona

We often think of our private lives as the off-time between public performances, but the reality is the opposite. The person who exists in the quiet hours is the architect of the person who walks out the front door the next morning.

Without the rest, the reflection, and the weirdness of solitude, the public self would be nothing more than a hollow shell. To be no one for a few hours a day is exactly what allows us to be someone when it finally matters. The silence isn't empty; it's where the most important parts of us hide and avoid being seen.



The Long View



The World Is Changing - And So Are We

By Gagandeep Kaur

If someone were asked what exactly feels different about life today, most wouldn't answer immediately. Not because nothing has changed, but because the change is difficult to explain. It's not loud. It doesn't announce itself. It doesn't arrive in a way that can be easily pointed at and named.

It's something people notice in passing. Like when a person gets something they worked towards for a long time, and instead of feeling settled, they feel a strange urgency to move on to the next thing. Or when a conversation is happening, but both people are only partly there, and neither of them stops to question it. Even in the way people say they're tired now, not dramatically. It's just a quiet fatigue that lingers in the background. Nothing is clearly wrong. Life is functioning. But the experience of it feels different.

Work Feels Less Certain

Work has become something you stay slightly careful about; some people have done everything right. They studied, they worked, they made practical decisions, and they reached positions that would have once been considered stable. And yet, even there, something doesn't fully relax. It's not fear. It's not dissatisfaction either. It's more like a quiet awareness that things can change.

A person might be doing well and still keep checking what else they should learn, not out of ambition, but out of caution. Another might stay in a role they've outgrown simply because the uncertainty outside feels harder to trust. Even people who enjoy what they do often have a part of their mind occupied with what comes next. What if these shifts? What if these stops being enough? What if something replaces this? These aren't thoughts that take over completely. They just sit there, in the background, shaping decisions. And over time, they change the way work feels. It becomes less about building something steady and more about staying prepared.

Money Feels Heavier

Money carries a different kind of weight, and it's noticeable in small habits. People pause before spending, even when they can afford to. They delay decisions that involve long-term commitment. They think twice about things that earlier would have felt straightforward. It's not always about income. Someone might be earning well and still feel the need to be cautious. Someone else might be stable but unwilling to take risks they would have considered earlier.

There's a subtle shift in how money is viewed, not just as something to earn or use, but as something that needs to be managed carefully because the future feels less predictable. And this doesn't come from one specific reason. It builds over time, from hearing about layoffs, seeing markets fluctuate, and watching how quickly situations change. So even when things are fine, people don't fully assume they will stay that way.

Relationships Continue, But the Depth Fluctuates

On the surface, it might seem like nothing has changed. People are in constant touch. Messages are exchanged throughout the day. There's always some level of communication happening. But the quality of that communication feels different. A conversation can go on for a long time without actually going anywhere. People respond, but not always with full attention. Sometimes they're listening, sometimes they're just replying. And strangely, this has become normal.

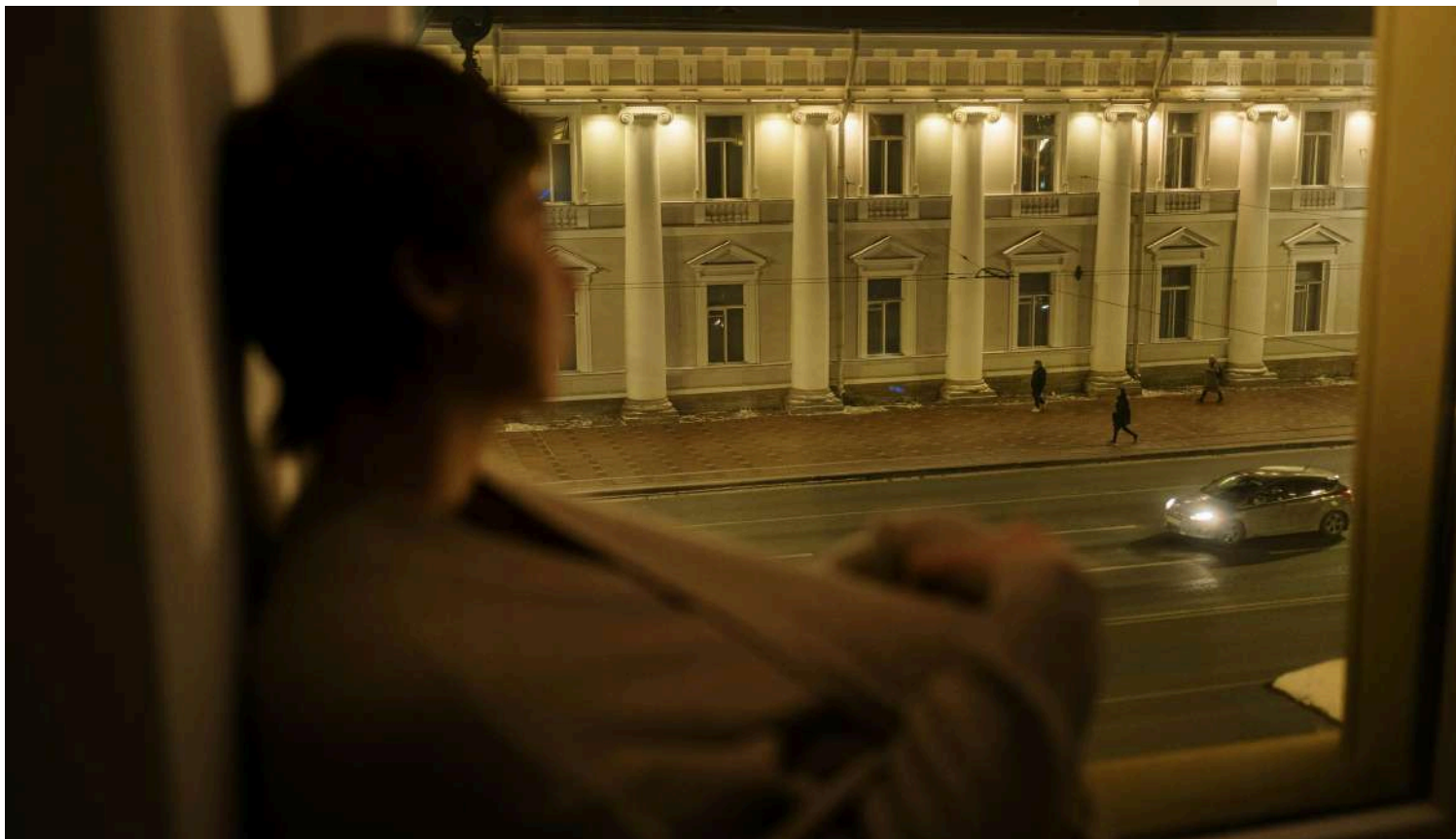
There is also a noticeable change in how people handle discomfort in relationships. Earlier, if something felt wrong, it usually led to a conversation, sometimes difficult, sometimes messy, but direct. Now, things often fade instead. Effort reduces gradually. Replies slow down. Plans stop being made. There's rarely a clear moment where it ends, just a quiet understanding that something is no longer the same. And often, both people let it happen without fully addressing it. Not because they don't care. But because they are already managing too many things internally to open another emotional conversation.



The mind rarely feels empty anymore

This is perhaps the most consistent change, even if it's the least visible. There is almost always something running in the background. A thought about the future. A small worry. Something that needs to be done. Something that already happened. It's not overwhelming enough to stop daily life. But it's constant enough to shape how life feels. Even moments that are supposed to be restful are not fully quiet.

People reach for their phones without thinking. They check things without needing to. They move from one piece of information to another without pause. And when there is nothing to check, the mind fills the space on its own. Thinking, planning, revisiting; over time, this becomes normal. So normal that people don't even realise how rarely they experience complete stillness.



Identity Feels Less Fixed

People Are Less Certain About Who They Are; there are more options now than before. That part is obvious. People can change careers, move places, and redefine what success means to them. They can start over in ways that were not as accessible earlier. But more options don't always make things easier. They make things less fixed. When there is one clear path, the challenge is following it. When there are many, the challenge becomes choosing. And that choice comes with its own kind of pressure.

People question themselves more, not always in a dramatic way, but in quiet, ongoing ways. Am I doing this because I want to or because it made sense at the time? If I change direction, is that growth or just confusion? There are no standard answers anymore. So, people carry these questions with them while continuing to move forward.

The World Feels Closer, But Also Less Stable

What once felt distant now feels immediate. News travels fast. Situations evolve quickly. Something happening somewhere else influences how people think about their own lives. There is a growing awareness that stability is not guaranteed and that awareness doesn't always show up as fear; guaranteed. it shows up as caution. People still plan. They still make decisions. But those plans feel more flexible. Less fixed. There's an understanding, even if it's not always spoken, that things can change.

A Constant State of Adjustment

None of these changes, on their own, are overwhelming. That's what makes them easy to overlook. But together, they create a very specific feeling. Not a crisis. Not chaos. Just a constant state of adjustment. People are not necessarily struggling, but they are not fully settled either. They are thinking more. Questioning more. Preparing more. Living, but with a slightly different awareness than before.



Bottom Line

From the outside, everything still looks familiar. People are working, earning, maintaining relationships, and making plans. But if someone looks a little more closely, not at what people are doing, but at how they are experiencing it, there is a difference.

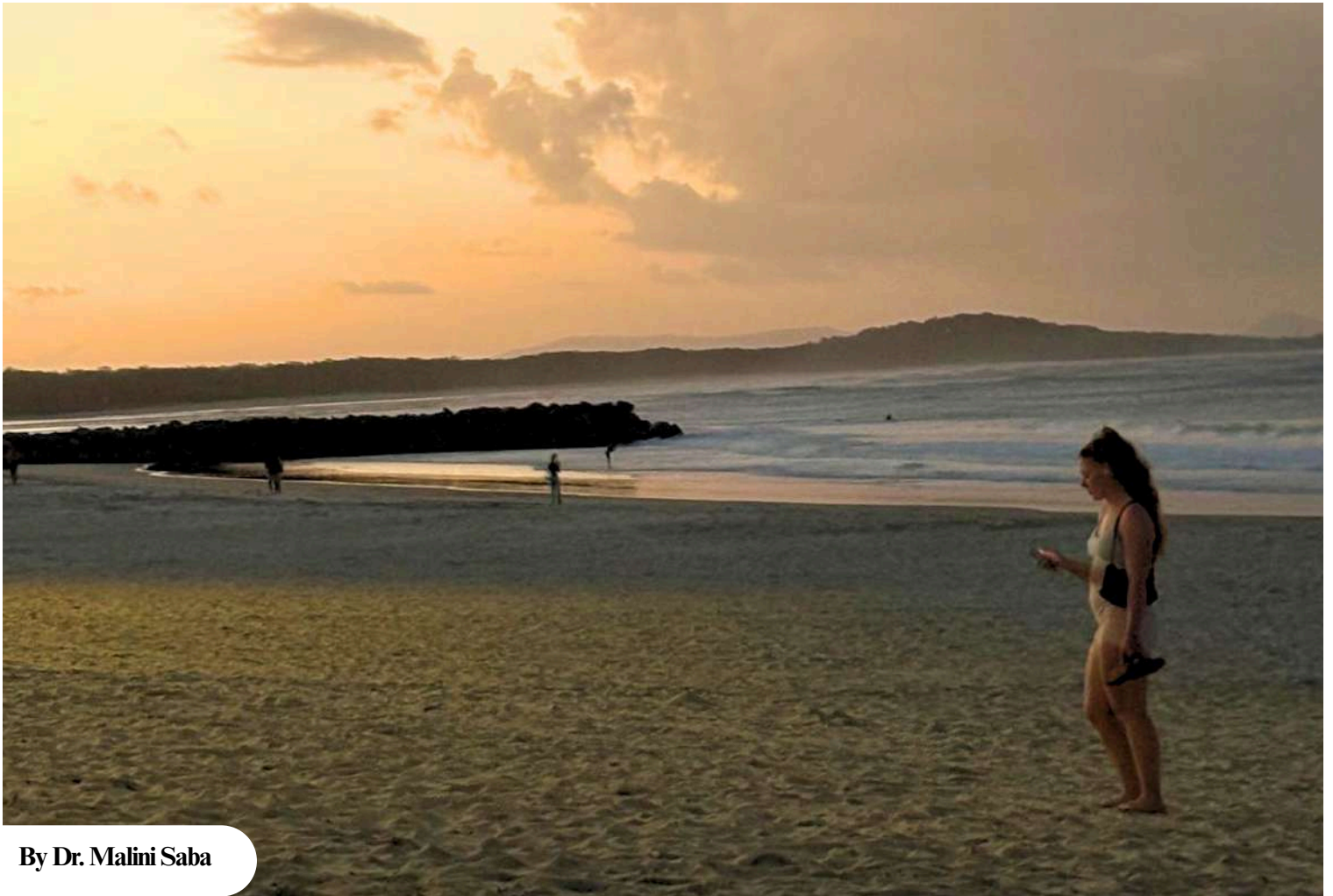
A pause where there wasn't one before.

A thought that lingers longer than it used to.

A quiet awareness that things are not as fixed as they once felt.

Nothing dramatic. Just enough to change how life feels from the inside. The world didn't stop and explain it. It just kept moving. And somewhere in the middle of keeping up with it, People changed too.

WHAT I KNOW IS TRUE



By Dr. Malini Saba

Sometimes I look around and feel that everyone has something to say, yet very few people are truly listening. It often feels like everyone is speaking at once - opinions, arguments, judgements, and certainty everywhere. In all of that, truth doesn't really disappear; it just becomes harder to hear. Over the years, sitting with people and listening to their stories, I have realised something quite simple. What we see on the surface is only a small part of what people are actually carrying. A lot of the time, anger is just fear or pain that doesn't have a proper way out.

Distance, too, is not always what it looks like - sometimes it's just someone trying to protect themselves. And what we call "carelessness" or even "rudeness" is, at times, simply a person holding on to their own peace. I think we forget that too easily.

We don't always need to judge people so quickly. It helps more to pause a little, to look again, and to understand that behaviour is rarely simple. People are complicated in ways we don't always see immediately. And when you look at life today, this becomes even more obvious.

Work is no longer just work for many people. Somewhere along the way, it started becoming identity. Rest now comes with guilt attached to it, as if slowing down is some kind of failure. And underneath all of this is perfectionism - especially for women. There is this quiet expectation to be everything at once. Calm, strong, successful, available, composed, all at the same time. And even when women manage all of that, there is still this feeling of not being enough. It builds slowly. Quietly. And it exhausts people more than they admit.

What I also see - and this is something that is not always easy to say - is that women don't always find enough support in each other. Sometimes it's comparison, sometimes it's conditioning, and sometimes it's just old habits passed down without even realising. But it creates distance where there could have been understanding.

And honestly, women grow differently when those shifts occur - when they stop comparing so much and start standing beside each other instead.

Sometimes even a small interruption is enough to break a pattern. One person who simply refuses to participate. One moment where someone says, "No, this is not okay." It doesn't feel big at that moment, but sometimes that is exactly how change begins.

Healing, from what I have seen, doesn't happen in big dramatic moments. It's slow. Repetitive. Almost invisible most of the time. It looks like someone slowly learning not to fight themselves every day. And I don't think people really change through criticism or shame. I think they change when they are seen properly, when they don't feel the need to defend who they are anymore. Accountability matters, yes, but understanding is what actually opens the door.

Right now, the world feels unstable in so many ways - politically, socially, emotionally. It's very easy to stay in fear. But history has always shown something quiet but consistent: even after long periods of conflict, people eventually move back toward peace. Not because everything suddenly gets fixed, but because people reach a point where division simply becomes too heavy to carry anymore. Maybe what we are living through is just another shift. Another turning of the page. And in times like this, it helps to remember that we are not only watching the world, we are also part of it and shaping it in small ways without even realising.

It is easy to feel small. But small doesn't mean powerless. It's the small things that matter most anyway - what we allow, what we ignore, what we laugh at, what we quietly refuse. If I leave this column with one thought, it is this: People are not only their worst moments, either. And they are not as strong as they sometimes look when they are hiding pain. Most people are just trying to get through life without losing themselves completely. And if we can remember that, something in the way we look at each other changes.

Every Woman's Comfort



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Dr. Malini Saba

Managing Editor, LA Evolution Magazine

